



Wilton Youth Field Hockey

Return to Play Protocols

Updated June 17, 2020

Introduction:

Wilton Youth Field Hockey, relying upon guidance of current CDC recommendations, Aspen Institute Return to Play, CIAC Resocialization Guidance and Field Hockey governing bodies, has compiled the following guidelines for players to resume team play and practice. We call on our membership to continue to act in the best interest of the greater good, staying home if feeling unwell, social distancing while viewing games and adjusting to meet the rapidly-evolving circumstances and recommendations from health experts. We accept that these guidelines are fluid and this is current as of date written, not to supersede the most current CDC, Connecticut and Wilton guidance.

Sources Utilized in Compilation of WYFH Return to Play Protocols:

- Aspen Institute Return to Play ~ [Aspen Institute](#)
- CIAC Resocialization of Athletics and Activities Programs Guidelines ~ [CIAC Resocialization](#)
- CDC Symptoms of Coronavirus ~ [CDC Symptoms](#)
- CDC Considerations for Youth Sports ~ [CDC Youth Sports](#)
- FIH Guidelines - Safely Returning to Hockey ~ [FIH Guidelines](#)
- NFHS Guidance for Opening up High School Athletics and Activities ~ [NFHS](#)
- Town of Wilton Re-Opening Plan - Phase 2 ~ [Wilton Re-Opening Phase 2](#)
- USA Field Hockey's Return to Play Guidelines ~ [USA Field Hockey](#)

COVID-19

As stated by the CDC at [CDC Symptoms](#), COVID-19 can cause mild to severe symptoms in all people. Anyone with a severe underlying condition (including heart or lung disease or diabetes) or older adults face greater risk of complications from COVID-19.

The CDC published the following list of potential symptoms that can develop 2-14 days following exposure to the virus. If you have these symptoms, you may have COVID-19. This list comes from [CDC Symptoms](#) and is not inclusive.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches

- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Per advice of the CDC found at [CDC Youth Sports](#) players and parents will be asked to self-monitor the following guidelines:

- Modified Layouts and Social (Physical) Distancing
 - Identify adult staff members or volunteers to help maintain [social distancing](#) among youth, coaches, umpires/referees, and spectators (if state and local directives allow for spectators).
 - Space players at least 6 feet apart on the field while participating in the sport (e.g., during warmup, skill building activities, simulation drills)
 - Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
 - Prioritize outdoor, as opposed to indoor, practice and play as much as possible.
 - Create distance between players when explaining drills or the rules of the game.
 - If keeping physical distance is difficult with players in competition or group practice, consider relying on individual skill work and drills.
 - Encourage players to wait in their cars with guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group.
 - Limit the use of carpools or van pools. When riding in an automobile to a sports event, encourage players to ride to the sports event with persons living in their same household.
 - If practices or competition facilities must be shared, consider increasing the amount of time between practices and competitions to allow for one group to leave before another group enters the facility. If possible, allow time for cleaning and/or disinfecting.

Field Hockey Specific Return to Play Protocols:

According to [Aspen Institute](#) and CIAC, field hockey is a moderate risk sport. Other sports within this category include soccer and girls lacrosse. Moderate risk sports fall into one of the following categories: “close sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can’t be cleaned between participants” as defined by the CIAC ([CIAC Resocialization](#))

Guidelines from the International Hockey Federation, the International Governing Body of Field Hockey and Indoor Field Hockey, offers the following advice on common sense guidelines for all players: ([FIH Guidelines](#))

- Stay home, if you feel sick, even with mild symptoms
- Check for COVID-19 symptoms every day
- Check body temperature daily
- Stay home, if anybody in your household presents with symptoms
- Stay home, if anybody in your household has been tested positive for SARSCoV-2 (at least 14 days)
- Keep distance of 1.5 metres to persons outside of your household (not for children less than 12 years). WYFH will expand the FIH recommended 1.5 metres to the CDC recommended 6-feet for all individuals.
- Do not shake hands
- Cough and sneeze into the crook of your elbow
- Perform adequate personal hygiene
- Change and shower at home

Specific to field hockey, the FIH recommends the following: ([FIH Guidelines](#)). These guidelines fall in line with recommendations of National Association of State High School Associations [NFHS](#)

- Use only your own stick, shin pads, face masks, water bottles and other equipment, especially goalkeepers
- Disinfect balls and other commonly used equipment . WYFH will use a CDC approved disinfectant.
- Spitting and clearing of nasal/respiratory secretions on the pitch or at any place within the facility other than toilets is prohibited
- Avoid cleaning of mouthguards on the pitch

Wilton Town Regulations

In accordance with the June 16, 2020 Town of Wilton Re-Opening Plan, Wilton Youth Field Hockey will advise all players, parents of players, coaches, officials and visiting teams of the following:

- All players should follow CDC health and safety guidelines
- Benches will not be provided. Players will need to sit/stand along the sidelines or can bring their own seating. **Are there regulations on the type of chairs they can bring onto turf so as to prevent damage to the field?**
- Facilities are carry-in/carry-out
- The stadium seating and stairs are closed at this time
- Events are limited to two teams, officials and limited family members
- Face coverings are required if one can't maintain 6-feet of distance from others and medical condition allows while on and off the track **others or those outside of their own household?**

Wilton Youth Field Hockey Specific Return to Play Criterion:

WYFH has relied upon national and international guidance, sourced at the beginning of this document, in producing the following guidelines for coaches, players and officials to return to field hockey. We will share all health check and sport-specific adjustments outlined in this document with all coaches and parents/guardians of WYFH players. Players will be made aware of accommodations to our program in such a way as WYFH deems age-appropriate. Relevant portions of this document will also be shared with game officials and visiting teams. We will ask visiting teams to share necessary information with their players, coaches and parents.

❖ Coach specific criterion:

- Each player, coach, official and team manager shall self-report that they have had no signs or symptoms for past 14 days and no contact with anyone sick in last 14 days
- Continue with standard infection control measures (frequent handwashing, avoid touching face, cover mouth when coughing)
- Anyone experiencing symptoms of COVID-19 or living in a household with someone experiencing symptoms will stay home from practice and games for 14 days.
- Umpires and coaches will be paid electronically or via mailed check. No payment will change hands at the field.
- Coaches will also record their own temperatures, taken prior to arrival at practice/game. Anyone with a temperature above 100.3 (per [CIAC Resocialization](#)) will be sent home.
- While players and coaches are on the sidelines or waiting in line during practice, they shall maintain CDC guidelines of 6-feet of social distance. If unable, they will wear masks.
- All coaches and players shall refrain from high fives and other contact that isn't a natural part of play or practice
- All field hockey balls and cones will be sanitized before and after each game and practice with a CDC approved cleanser.
- All WYFH coaches and managers will be responsible for moving all goal cages, cones and balls.
- Each person uses their own water bottle
- Face masks and other personal equipment shouldn't be shared

❖ Players/Game Accommodations

- Each player, coach, official and team manager shall self-report that they have had no signs or symptoms for past 14 days and no contact with anyone sick in last 14 days
- Arrival at Site - players shall self-report temperatures upon arrival at all team activities. Anyone with a temperature above 100.3 (per [CIAC Resocialization](#))

will be sent home as quickly as a parent or guardian is able to get them. **Do we need to do temp checks for kids that are picked up directly from school by coaches?**

- Athletes with signs or symptoms of COVID-19 would be sent home. If a parent cannot be reached, the player will be isolated from other players to the best of the ability of coaches on site.
- Continue with standard infection control measures (frequent handwashing, avoid touching face, cover mouth when coughing)
- While players and coaches are on the sidelines or waiting in line during practice, they shall maintain CDC guidelines of 6-feet of social distance. If unable, they will wear masks.
- Sticks, shin guards, goggles, mouth guards, water bottles, towels will not be shared.
- If goalie pads are shared, they will be sanitized with CDC approved cleaning prior to use by a new player.
- WYFH will provide each player with a practice pinnie to bring to and from each practice and game.
- All teammates shall refrain from high fives and other contact that isn't a natural part of play or practice
- Each player will be responsible for transporting their own equipment.
- No team snacks will be offered.
- Face masks and other personal equipment shouldn't be shared
- Anyone experiencing symptoms of COVID-19 or living in a household with someone experiencing symptoms will stay home from practice and games for 14 days. This is reliant upon self-reporting.
- All participants in pre-game coin toss and rules review shall maintain social distancing or wear face masks during this time if remaining 6-feet apart is not an option. Only the official will handle the coin for coin toss.

❖ **Officials:**

- Each player, coach, official and team manager shall self-report that they have had no signs or symptoms for past 14 days and no contact with anyone sick in last 14 days
- Officials will self-report their temperature upon arrival at the field. Anyone with a temperature above 100.3 (per [CIAC Resocialization](#)) will be sent home.
- Continue with standard infection control measures (frequent handwashing, avoid touching face, cover mouth when coughing)
- Each person uses their own water bottle
- Water, towels, whistles and other personal equipment shouldn't be shared
- Anyone experiencing symptoms of COVID-19 or living in a household with someone experiencing symptoms will stay home from practice and games for 14 days.

- All participants in pre-game coin toss and rules review shall maintain social distancing or wear face masks during this time if remaining 6-feet apart is not an option. Only the official will handle the coin for coin toss.
- Officials and coaches will be paid electronically or via mailed check. No payment will change hands at the field.
- All officials must bring their own coin, whistle and any other required equipment.

Within the last 14 days have you, or anyone in your family returned from one of the high risk states listed on the State of Connecticut website:

<https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Travel-In-or-Out-of-CT>

If Yes were you self quarantine ed for 14 days, or did you get a negative tes result 72 hours prior to returning/entering Connecticut?

If yes, and yes = ok to practice

If yes, and no = participation denied